**Home Program: Mirror Therapy**

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| **The Basics** | To get the **best** results, you should do these exercises **every day**.  Some people find it is better to practice twice a day for a shorter time.  Try to practice for **20 to 30 minutes** every day. |
| table and chairs | Find a spot at a **table** that is a **comfortable** height to sit at with your arms on the table.  A **quiet area**  where you can focus is best. |
| ring | You should **take off any jewelry** or watches from the ‘good’ hand |

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| **The basics** | Remember that you are trying to **change your brain**! This might be **slow**, and the steps may be small. But if you practice, you will see changes. |
| stop sign | **Stop** doing the mirror exercises if it makes you feel **dizzy**  or seasick.  This doesn’t happen very often, but if it does, your **therapist** can give you other ways to work on your arm. |
| mirror | Use a mirror that is big enough for you to see your arm, and has a clear reflection. No smudges or dust – that makes it easier to see! |

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| **Getting started** | Place your weak arm inside the box or with **the mirror facing** your strong arm. |
|  | Make sure the mirror is placed in front of you so you can easily **see the reflection** of your strong arm clearly in the mirror. |
|  | Start by **looking directly at the mirror**  image of your strong hand. Try to imagine that you are really seeing your other hand. This may take a minute or two, but sometimes happens quite quickly. |
|  | Then try gently doing the exercises your therapist has given you **with your strong hand only.** Try to focus on the image in the mirror while you do the movements.  You want to **imagine** that your weak hand is **doing the same** movements as your strong hand.  You should try and **do different movements**, making them slow and smooth. Try to work like this for \_\_\_\_\_\_ minutes. |
| **Keep going!** | Now repeat the same exercises, but this time, try to do them with **both hands at the same time**. Keep looking at the mirror while you do the movements.  Do not do anything that produces pain. **Stop if you feel tired**  or dizzy. Try to work like this for \_\_\_\_\_\_\_\_\_\_ minutes. |